Save Your Own Life During Holidays

-Compiled by the 1st Cav. Div. Public Affairs Office

Nearly every 1st Cavalry Division Soldier has heard the phrase "First Team Power Thought" and although most Soldiers can spit out what it is and why it is important they are not always aware that the risk factors involved in keeping ourselves safe are right in front of us. This is especially true during the holidays.

When it's time to jump in the car and head over the river and through the woods remember these risk factors:

Fatigue

-Make sure you are rested and ready for a long drive. Fatigue is one of the most reported cause of accidents.

Seat Belts

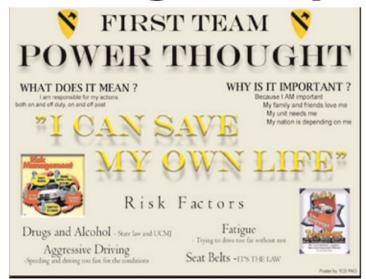
-Always wear your seat belt and make sure your family members do too. It is not just the law it is their lives.

Aggressive Driving

-Do not be an aggressive driver. Remember that other drivers are people too and they are trying to get home to their families in one piece.

Drinking and Driving

-Do not Drink and Driving. If you are attending holiday parties and plan on drinking, make sure you have a designated driver. Do not accept a ride with anyone who has been drinking or is impaired in any way.



The 1st Cavalry Division's Power thought is "I Can Save My Own Life," which means Soldiers are reponsible for their actions both on and off post.

Weather

-Check your vehicle prior to heading to snow country. Also allow enough time to get to your destination and leave extra room to stop when roads are icy. It is also a good idea to take.

-Be Observant!

Happy Holidays From the First Cavalry Division

Host Nation Info

Government

Hayy: NeighborhoodBeladiya: District

Medina: City

Amanant: Municipality Utility Staff

Qada: County

Nahiya: Subdivision of CountyMohafeda: County Utilities Staff

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